

# Core Strategies for Cultivating Resilience in the Face of Adversity

## Maintain Connections

1. **Prioritize time** for relationships, especially with those you trust and who have a shared experience.
2. **Get involved** in a group or committee (inside or outside of work) that connects you with others and can facilitate a sense of shared purpose and hope.

## Support Your Personal Wellness

1. **Stay physically strong** by getting good nutrition, rest, and exercise.
2. **Practice mindfulness** to help you be aware of manage difficult emotions and foster positive ones. Activities like journaling, meditation, yoga, and spiritual practices can help promote self-awareness and mindfulness.
3. **Trade negative outlets** (drugs, alcohol, etc) for positive ones.

## Find Meaning and Purpose in Your Experience

1. Find ways to **help or support** others.
2. **Focus your energy** on areas you have control.
3. Set **realistic, tangible goals** and act.
4. Look for opportunities to **learn from your experience** in ways that help you grow and reinforce your strengths.

## Foster a Healthy Mindset

1. **Practice acceptance.** Remember that change is a part of life. While this may not take away the pain of your current experience, it does help you shift your focus to areas where you have control.
2. **Focus on Hope.** This can feel difficult during times of stress, but shifting your focus to positive, future-oriented goals and outcomes vs. current fears can you feel more hopeful, motivated, and empowered.
3. **Keep it all in perspective.** Try to identify areas where your mind may be stuck in the negative or focused on worst-case scenarios. It can be hard to not to stay there but reigning in negative or unrealistic thoughts will help you manage your anxiety. While it may feel like your current stressor will last forever, remember that all things change. You have overcome challenges in the past, and you will overcome this one too.
4. **Let the past be your teacher.** What has helped you overcome difficulties in the past? Find ways to leverage those skills and strengths now.

## Ask for Help When You Need It

1. Knowing when you **need support** and **reaching out** for it is crucial to resilience.

